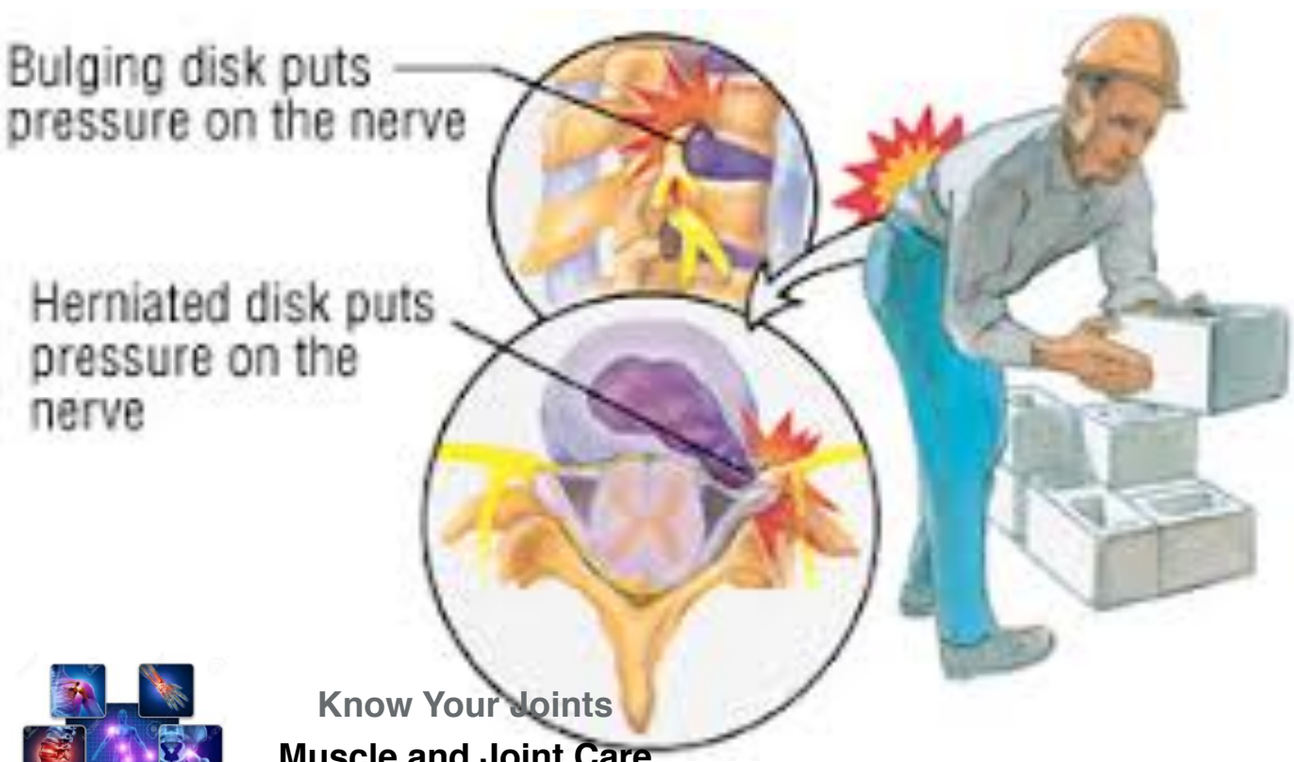
Do you want to injure your spine then flex it under load. If you want to injure it more flex and twist at the same time. The spine is not meant to bend and twist under load. Never twist when shoveling or racking. Keep the spine Locked and Braced.



DETAILS: Dr. Stuart McGill, the world's authority on low back disorders, suggests a sure proof way to injure your back is to flex your spine, in other words round the spine where the natural curve is lost, when lifting, pushing, or pulling an object. In this position the discs in your spine are most vulnerable (similar to after being seated for sometime as mentioned previously). The discs are even more vulnerable when flexing and twisting the spine under load. McGill therefore suggests never to twist the spine when under load.